

SOUTHWEST JOGGING JACKETS

(EL PROGRAMA DE BIENESTAR)
SPRING 2017



WHEN IS IT?

6 Mondays 2:30 to 3:30
February 27, March 6, 13, 20, 27, April 3
(Los Lunes adentro de 27 de Febrero y 3 de abril)
@ Southwest!

WHAT IS IT?

A **free** six week after
School wellness program to build an
active healthy lifestyle for 3rd-5th grade
(Un programa **gratis** para establecer una vida saludable)



HOW TO REGISTER—SPACE IS LIMITED! 2 OPTIONS FOR REGISTRATION:

1. Fill out a form at the Robbins Recreation Center office.
2. Or go to www.lexingtonnc.gov, Click Parks and Recreation, then follow the link to “How do I register?” and Southwest Jogging Jackets!

(Inscribirse en la oficina de Robbins Recreation Center, o por el internet.)

Provided by a partnership between City of Lexington Parks and Recreation & Southwest Elementary School!

In this program students will engage in activities to learn about physical wellbeing, nutrition, and exercise.

Learn healthy tips!

Play actively!

Practice how to set and strive for goals;

Release energy constructively;

Improve classroom focus; make new friends; and more!

Parents of enrolled students are responsible for transportation.

**REGISTRATION
ENDS on Feb
23 at 5PM**

For more information/Para más información:

Austin Langley
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(Llamar para más información.

¡Hablamos Español!)